

# LEADERS OF INFLUENCE: L.A.'s TOP DOCTORS

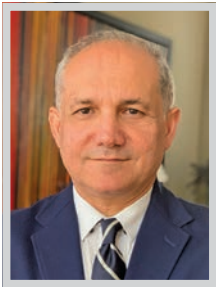


**LOS ANGELES IS HOME TO MANY OF THE NATION'S BEST HEALTHCARE PRACTITIONERS AND CENTERS OF EXCELLENCE** and this is our annual opportunity to shine a light on some of the finest.

For our Top Doctors profiles this year, we analyzed each of the many nominations received and pulled a few particularly outstanding medical professionals each from a broad array of disciplines of focus: Cardiology; Colon & Rectal; Ear, Nose & Throat; Emergency Medicine; Endocrinology; Family Medicine; Gastroenterology; General Surgery; Infectious Disease; Internal Medicine; Nephrology; Neurology; Obstetrics & Gynecology; Oncology; Ophthalmology; Orthopedics; Pediatrics; Plastic/Reconstructive; Psychology/Behavioral Health; Pulmonology; Radiology; Rheumatology; and Urology. Doctors were selected based on their good standing, reputation, thought leadership and success here in Los Angeles.

*Methodology: The professionals featured in these pages did not pay to be included. Their profiles were drawn from nomination materials submitted to the Los Angeles Business Journal. Those selected for inclusion were reviewed by the editorial department and chosen based on a demonstration of impact made on the profession and on the Los Angeles community.*

LEADERS OF INFLUENCE: LA's TOP DOCTORS



**AMIR ABOLHODA**  
**CARDIOLOGY**

Medical Director, Cardiothoracic Robotic Surgery;  
Co-Medical Director, ECMO Program;  
Vice Chair, Thoracic Surgery  
MemorialCare Heart & Vascular Institute  
Long Beach Medical Center

Amir Abolhoda, MD, FACS is a valued physician leader by his colleagues, health care providers, administration and, most importantly, his patients. Dr. Abolhoda’s career accomplishments include early adoption of minimally invasive cardiothoracic surgery (MICS) robotic procedures in complex cases; leading in temporary circulatory support (TCS) assist devices; and active engagement in clinical research, predominantly in calcification of bioprosthetic valves, pulmonary metastasis, and cardiac assist devices. His vast knowledge of CT surgery continues to be foundational as he continues to advance care solutions with fellow specialists and clinical teams.



**SUNNY BHATIA**  
**CARDIOLOGY**

CEO, Region I and Corporate Chief Medical Officer  
Prime Healthcare

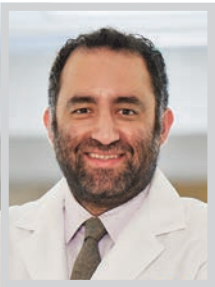
Dr. Sunny Bhatia, MD, MMM, FACHE, FACC, FSCAI, CEO of Prime Healthcare Region I and corporate chief medical officer, is an interventional cardiologist who is quadruple board certified in internal medicine, cardiovascular disease, nuclear cardiology and interventional cardiology. He is a fellow of the American College of Healthcare Executives, American College of Cardiology, and the Society for Cardiac Angiography and Interventions. Under Dr. Bhatia’s leadership, Prime Healthcare’s hospitals and particularly its Region I hospitals have earned unprecedented accolades for quality, patient safety and performance from nationally recognized healthcare rating agencies. Dr. Bhatia ensures that Prime’s hospitals and physicians are aligned in their goals of providing safe and high-quality care at lower cost.



**RAVI DAVE**  
**CARDIOLOGY**

Director of Interventional Cardiology  
UCLA Health

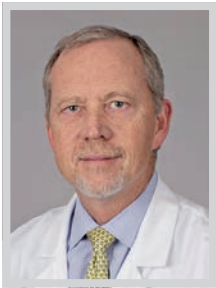
Dr. Ravi Dave is an esteemed cardiologist who has been at UCLA for more than 20 years and maintains a high-volume procedural practice. His clinical expertise encompasses percutaneous coronary interventions using all devices, treatment of chronic total occlusions of coronary vessels, complete revascularization in high-risk indicated patients, the Mitraclip procedure and percutaneous treatment for peripheral artery disease. His research interests include atherosclerosis, myocardial infarction, valve disease, peripheral arterial disease and coronary and high-risk coronary intervention procedure (CHIP). Dr. Dave is highly regarded as a thought leader and key opinion leader in the field of cardiology.



**HOSSEIN DEHGHANI**  
**CARDIOLOGY**

Interventional Cardiology  
Adventist Health Glendale (Affiliated)

Dr. Hossein Dehghani is an experienced interventional cardiologist performing complex cardiac procedures and extremely compassionate physician who goes above and beyond for his patients. Now based in Glendale, Dr. Dehghani completed a residency at Beth Israel Deaceness Medical Center. He currently practices at Everlast Cardiology and is affiliated with Adventist Health Glendale. He accepts multiple insurance plans, including Medicare. Dr. Dehghani is board certified in interventional cardiology.



**RAY V. MATTHEWS**  
**CARDIOLOGY**

Professor, Clinical Medicine Keck School of Medicine at USC; Director Interventional Cardiology and Cardiac Cath Lab, Keck Medical Center of USC  
Keck Medicine of USC

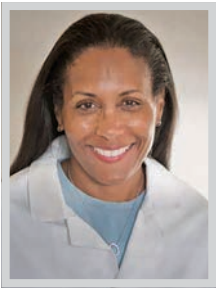
Dr. Ray V. Matthews MD, FACC, FSCAI is a professor of clinical medicine at Keck School of Medicine, where he also serves as director of interventional cardiology and the Cardiac Cath Lab. For 35 years he has been training a total of more than 80 fellows in interventional cardiology now in practice all across the US and the world. He served for five years as the training program director for fellowship training at USC; served four years as the division chief of cardiovascular medicine at USC; served 15 years as the director of interventional cardiology at USC; and has authored more than 75 peer reviewed publications in cardiovascular medicine.



**DAVID SHAVELLE**  
**CARDIOLOGY**

Medical Director, Adult Cardiology & Interventional Lab; Co-Medical Director, Adult ECMO  
Memorial Heart & Vascular Institute  
Long Beach Medical Center

Dr. David Shavelle is a valued interventional cardiologist who has expanded and grown the heart failure, structural heart, and cardiac research programs since joining the MemorialCare Heart & Vascular Institute at LBMC in 2021. Dr. Shavelle’s pedigree speaks to his extensive experience and research in interventional cardiology. Recent accomplishments include offering the MitraClip procedure to treat patients with mitral regurgitation and proctoring five interventional cardiologists in the greater Long Beach area; and developing the protocol/IRB protocol for Los Angeles County based ECMO pilot to test use of mechanical CPR for cardiac arrest at four leading hospitals, including Long Beach Medical Center.



**KAROL WATSON**  
**CARDIOLOGY**

Director of the UCLA Women’s Cardiovascular Health Center and the UCLA-Barbra Streisand Women’s Heart Health Program  
UCLA Health

Dr. Karol Watson is a nationally recognized leader in women’s heart health. She is an attending cardiologist and a professor of medicine/cardiology at the David Geffen School of Medicine at UCLA. She is also a principal investigator for several large National Institutes of Health research studies, including the Diabetes Prevention Program Outcomes Study and the Multi-Ethnic Study of Atherosclerosis. In September 2022, it was announced that Dr. Watson, along with her colleague Dr. Pei Pei Ping, will lead the Skills & Workforce Development Core of the UCLA Bridge to Artificial Intelligence (Bridge 2AI) Program.



**KATRINE ZHIROFF**  
**CARDIOLOGY**

Cardiovascular Disease, Internal Medicine and Interventional Cardiology  
PIH Health

Katrine Zhiroff MD is a board-certified interventional cardiologist specializing in heart disease in women, coronary artery disease, coronary artery angioplasty and stenting, peripheral vascular disease and heart failure. Dr. Zhiroff has been practicing medicine for over 10 years, and values the importance of understanding patients’ challenges to provide them with the best treatment. Dr. Zhiroff serves as department chair of Cardiovascular Services at PIH Health. In this role, she has developed strategies for expansion of complex coronary intervention and structural heart disease services in the region, including market research, marketing and strategy. She also established a vascular referral program and helped optimize resource utilization for cardiovascular services.







City of  
Hope®

# It takes the best doctors to turn hope into reality.

Congratulations to City of Hope's "Top Doctors" of 2023.

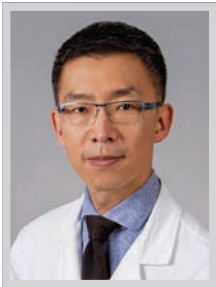
City of Hope congratulates Yuman Fong, M.D., Lesley Taylor, M.D., and Ravi Salgia, M.D., Ph.D., for being named among Los Angeles Business Journal's "Top Doctors" of 2023. It is through your work, and the work of others like you, that we are able to bring the cancer cures of tomorrow to patients today.

[CityofHope.org](https://CityofHope.org)





LEADERS OF INFLUENCE: LA's TOP DOCTORS



**JOONGHO SHIN**  
COLON AND RECTAL SPECIALTY  
*Colorectal Surgery Specialist*  
Keck Medicine

USC Colorectal Surgery has become a top-tier colorectal surgery program both clinically and academically over the past seven years. Joongho Shin, MD FACS FACRS has played an integral role, in that he started a successful HIPEC program for pseudomyxoma peritonei, led robotic colorectal surgery, and multi-visceral resection for locally advanced colorectal cancer. Dr. Shin has been active in the Korean and African-American community to share the information about young age onset colorectal cancer and the importance of colonoscopy. He has mentored medical students, undergraduate students, as well as surgery residents and has been recognized as teacher of the year twice.



**DINESH CHHETRI**  
EAR, NOSE AND THROAT  
*Vice Chair of the UCLA Department of Head and Neck Surgery*  
UCLA Health

Dr. Dinseh Chhetri is known nationally and internationally as an academic laryngologist and head and neck surgeon. He currently serves as vice chair of the UCLA Department of Head and Neck Surgery. He is the director of the UCLA Swallowing Disorders Program and the UCLA Head and Neck Cancer Survivorship Program. He is the co-director of the laryngology program. He specializes in voice disorders, swallowing disorders and airway (breathing) disorders. He has authored nearly 100 publications related to voice and swallowing disorders. He has been consistently funded by the National Institutes of Health for his research in the topic of neuromuscular control of the larynx and voice disorders.



**NIELS C. KOKOT**  
EAR, NOSE AND THROAT  
*Professor of Otolaryngology-Head and Neck Surgery*  
*Residency Program Director*  
Keck Medicine of USC

As an academic head and neck surgeon, Dr. Niels Kokot's career focuses on three pillars: patient care, education, and research. He has distinguished himself in the areas of patient care and education. Over the last 15 years, he has built a busy practice that focuses on providing tertiary care to patients with benign and malignant tumors of the head and neck. He prides himself on being able to provide care to patients with the most advanced disease, with the most medical comorbidities who are not able to receive care elsewhere for their cancers.



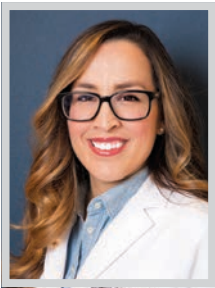
**MAIE ST. JOHN**  
EAR, NOSE AND THROAT  
*Chair of Head and Neck Surgery*  
UCLA Health

A highly renowned surgeon, scientist and educator, Dr. Maie St. John is a professor and the Thomas C. Calcaterra, MD, Chair in Head and Neck Surgery. She co-directs the UCLA Head and Neck Cancer Program. Dr. St. John's laboratory studies the mechanisms of tumor progression and metastasis in head and neck cancer and seeks to identify and study novel genes and pathways for future targeted therapies, while actively incorporating the results of their laboratory-based research into the development of novel therapeutics. Her extramurally funded research portfolio includes multiple National Institutes of Health grants bridging basic science with clinical research and service.



**SYLVIA KOTIKIAN**  
EMERGENCY MEDICINE  
*Emergency Medicine*  
Adventist Health Glendale

Dr. Sylvia Kotikian is the director of the ER at Adventist Health Glendale and has been serving the surrounding community for over 10 years. She successfully managed Adventist's emergency room during the most difficult time of the pandemic and she was able to help the entire hospital and administration to establish lifesaving protocols and to bring the best treatments available for COVID patients at the ER. Dr. Kotikian has spent countless hours in the emergency room, taking care of COVID-19 and other patients.



**VERONICA VASQUEZ-MONTEZ**  
EMERGENCY MEDICINE  
*Assistant Professor of Clinical Emergency Medicine*  
Keck Medicine of USC

Veronica Vasquez-Montez, MD has been with the Department of Emergency Medicine at Keck since 2008, first as a resident in training, then chief resident, and finally as a faculty member. She previously served in various administrative roles at LAC+USC Medical Center as an attending physician. As the medical director of the Emergency Department at PIH Good Samaritan Hospital, her leadership skills proved to be critical during the COVID-19 pandemic. Without a chief medical officer at the time, she led the COVID-19 response for the entire hospital. For this work, she was awarded the Community Hero Award by the Los Angeles Boys & Girls Club in 2021.



**CHRISTIAN GASTELUM**  
ENDOCRINOLOGY  
*Endocrinologist*  
PIH Health

Christian Gastelum MD is a board-certified endocrinologist who specializes in diabetes and metabolism. He is fellowship-trained to perform routine thyroid ultrasound and biopsy. When he started at PIH Health in 2009, Dr. Gastelum developed the glucose management team (GMT) and has since been the director of the inpatient GMT. He also served as the endocrine medical director from 2009-2018. Dr. Gastelum taught as an associate professor of medicine for Loma Linda University Medical School from 2008 until 2015. Dr. Gastelum, who is fluent in Spanish, has also appeared as a medical expert on Univision to address topics including diabetes care, asthma, teen steroid use and obesity.



**ANTHONY HEANEY**  
ENDOCRINOLOGY  
*Endocrinologist*  
UCLA Health

Dr. Anthony Heaney is an associate professor at the David Geffen School of Medicine at UCLA. His primary areas of clinical and research interest involve the pathogenesis of pituitary tumors and the exploitation of novel molecular targets to develop innovative treatments for pituitary tumors and other neuroendocrine tumors. He has written articles for such peer-reviewed publications as the Journal of Clinical Investigation, Nature Medicine, Clinical Endocrinology and Pituitary. He has compiled chapters for Baillieres Clinical Endocrinology and Metabolism and the Oxford Textbook of Endocrinology and Endocrine Updates. Dr. Heaney also serves as a reviewer for the Journal of Clinical Investigation, Cancer Research and Journal of Clinical Endocrinology & Metabolism.



★★★★★  
UCLA Health congratulates

# Los Angeles Business Journal TOP DOCTORS RECIPIENTS

as well as all of our physicians for being leaders in care delivery.

**Dinesh Chhetri, MD**  
Head & Neck Surgery

**Timothy Cloughesy, MD**  
Neurology

**Ravi Dave, MD**  
Interventional Cardiology

**Jennifer Grossman, MD**  
Rheumatology

**Anthony Heaney, MD**  
Endocrinology

**Kirk Hou, MD, PhD**  
Ophthalmology

**Alice Kuo, MD**  
Internal Medicine-Pediatrics

**Carol Mangione, MD**  
Internal Medicine

**Susanne Nicholas, MD, MPH, PhD**  
Nephrology

**Anjay Rastogi, MD, PhD**  
Nephrology

**David Sayah, MD, PhD**  
Pulmonology

**Stephanie Smooke Praw, MD**  
Endocrinology

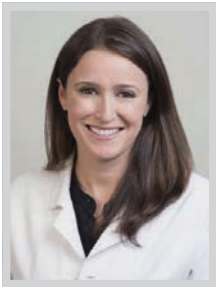
**Maie St. John, MD, PhD**  
Head & Neck Surgery

**Karol Watson, MD, PhD**  
Cardiology

WHERE DISCOVERY LEADS TO WORLD-CLASS HEALTH CARE



LEADERS OF INFLUENCE: LA's TOP DOCTORS



**STEPHANIE SMOOKE PRAW**  
ENDOCRINOLOGY  
*Endocrine Fellowship Program Director*  
UCLA Health

Dr. Stephanie Smooke Praw is an associate professor of medicine in the Division of Endocrinology, Diabetes and Metabolism at the UCLA David Geffen School of Medicine. She also directs the fellowship program and education for the Division of Endocrinology. Her clinical and research interests are related to thyroid disease – including overactive and underactive thyroid conditions and thyroid nodules – and thyroid cancer. She lectures frequently on these topics and has published in the field of thyroid disease and thyroid cancer. Partnering with other program directors from the Association of Program Directors in Endocrine and Metabolism, she is leading the development of a national health equity curriculum for endocrine fellows.



**MAHTAB SOHREVARDI**  
ENDOCRINOLOGY  
*Endocrinologist*  
Huntington Health Physicians

Dr. Mahtab Sohrevardi is an endocrinology specialist with Huntington Health Physicians and is based in Pasadena. She graduated with honors in 2000 from Tehran University of Medical Sciences in 2000. Now having more than 23 years of diverse medical experience with a focus on endocrinology, Dr. Sohrevardi is affiliated with Huntington Hospital, and cooperates with many other doctors and specialists as part of the Huntington Medical Foundation medical group.



**JOHN C. KOUMAS**  
FAMILY MEDICINE  
*Family Medicine Specialist*  
Emanate Health

John C. Koumas, DO, is a board certified family medicine physician and has served as the chair of the Department of Family Medicine for Emanate Health Medical Center for multiple years. He has also served as a member of the Emanate Health Medical Center Medical Executive Committee, which plays an integral role in quality and quality improvement, oversight of medical staff effectiveness and efficiency, and key decisions. Dr. Koumas has been on the medical staff of Emanate Health Medical Center for 26 years. He is known for his calm and patient demeanor and communicative skills.



**CHIAO ANGEL YEN**  
FAMILY MEDICINE  
*Family Medicine*  
PIH Health

Chiao Yen MD is a board-certified family medicine physician. She joined PIH Health after her residency and has been with the organization for over 10 years providing exceptional patient-focused care. An exceptional PIH Health physician leader, Dr. Yen serves on various committees within the organization contributing to its evolution and growth. During the first year of the COVID-19 pandemic, Dr. Yen served on the COVID-19 Workflow and Triage Emergency Committee, the Telehealth Clinic Pilot Committee, the Physician Burn Out Committee and the Task Reduction Committee. She is also involved in the organization's APAC Committee, the Electronic Medical Records Optimization/Information Technology Committee, and the Women in Medicine Committee.



**MARC EDELSTEIN**  
GASTROENTEROLOGY  
*Immediate Past Chief of Staff at Cedars Sinai*  
Cedars Sinai Medical Center

Marc Edelstein, MD, FACP, FACG, AGAF, FASGE is a highly acclaimed gastroenterologist and is recognized as an expert in the diagnosis and treatment of digestive disorders and the performance of endoscopic procedures. He completed his fellowship in gastroenterology at UCLA Medical Center in 2001. Dr. Edelstein joined the medical staff of Cedars-Sinai in 2003, where he now serves as chief of staff. Under the duress of COVID-19, Dr. Edelstein created new ways to communicate and amplify the outstanding work of his medical staff and that of Cedars-Sinai's leaders, and as a result, medical center communications will continue to evolve well beyond COVID-19.



**RENEE PALTA**  
GASTROENTEROLOGY  
*Gastroenterologist*  
PIH Health

Renee Palta DO is a board-certified and fellowship-trained gastroenterologist. She has been practicing medicine for over 16 years and is trained in gastroenterology and hepatology. Her clinical interests include inflammatory bowel disease, gastrointestinal and liver diseases, nutrition, pancreatic diseases and colon cancer screening. She performs procedures such as endoscopy, colonoscopy and endoscopic retrograde cholangiopancreatography, video capsule endoscopy, feeding tube placement (PEG) and Fibroscan. She is an expert in all areas of digestive and liver treatment and excels at making complex conditions easy to understand for her patients, working with them to formulate sound treatment strategies and build long-lasting relationships.



**GEVORG MUTAFYAN**  
GENERAL SURGERY  
*General Surgery*  
Adventist Health Glendale (Affiliated)

Dr. Gevorg Mutafyan, a surgeon affiliated with the California Surgical Multi-Specialty group, is the only robotically trained bariatric and general surgeon whose expertise is well regarded by his peers throughout the medical community. Dr. Mutafyan has also fellowship trained with world famous bariatric experts at Duke University Medical Center. Her has performed many of the most difficult revisional surgeries including complicated re-do Roux-en-Y gastric bypass, vertical sleeve gastrectomy, and adjustable gastric banding (Lap-Band, Realize) procedures. He is also the author of many peer-reviewed scientific journals. Dr. Mutafyan has volunteered and participated in life-saving medical mission trips to Armenia.



**ELIZABETH HUDSON**  
INFECTIOUS DISEASE  
*Infectious Disease Physician*  
Kaiser Permanente SCPMG  
(Southern California Permanente Medical Group)

At Kaiser Permanente, Dr. Elizabeth Hudson has served as the president of the physician staff, and is also a recipient of the Leonard Cohen award for outstanding physician achievement and service to the medical center. To Hudson, “turning the corner” means that as a global community we are looking toward a better collective future as we continue to live with and battle COVID-19 and other geopolitical changes. Hudson and her team in the Infectious Disease Department at Kaiser are a cohesive group. They strive to provide quality care while maintaining a personal approach and care for a wide variety of patients with both acute and chronic infectious diseases.



# PIH Health Congratulates Our Top Doctors

**Adrian Burgos MD** – Neurology

**Deep Dudeja MD** – Ophthalmology

**Christian Gastelum MD** – Endocrinology

**Brent Gray MD** – Obstetrics & Gynecology

**Andrew Luu MD** – Orthopedics

**Renee Palta DO** – Gastroenterology

**Chiao Angel Yen MD** – Family Medicine

**Gerald Yoon MD** – Urology

**Katrine Zhiroff MD** – Cardiology



PIH Health Good Samaritan Hospital



PIH Health Downey Hospital



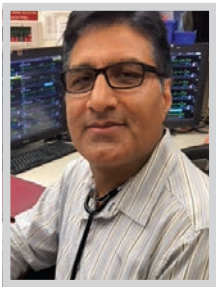
PIH Health Whittier Hospital



[PIHHealth.org](http://PIHHealth.org)



LEADERS OF INFLUENCE: LA's TOP DOCTORS



**ASHWANI BHARDWAJ**  
INTERNAL MEDICINE  
*Internal Medicine Specialist*  
Barlow Respiratory Hospital

Dr. Ashwani Bhardwaj, MD is an award-winning internal medicine specialist who serves patients at Barlow Respiratory Hospital Van Nuys location at Valley Presbyterian Hospital. He is board certified in internal medicine, hospice care and palliative medicine. Selected for B.K. Sikand Memorial Gold Medal and R. Vishwanthan Prize for Outstanding Resident in Diploma in Tuberculosis and Chest Diseases in post-graduate studies in Delhi, India before establishing his medical career in USA as a primary care physician in Dayton, Ohio. He has served Barlow Respiratory Hospital in Van Nuys and other hospitals in the area since 1998. Dr. Bhardwaj is known for his care and compassion at bedside.



**MICHAEL Y. KARAPETIAN**  
INTERNAL MEDICINE  
*Internal Medicine Attending Physician*  
Barlow Respiratory Hospital

Dr. Michael Karapetian MD serves critically ill patients as internal medicine attending physician at Barlow Respiratory Hospital in Los Angeles. A native of Armenia, where he earned his medical degree, he was selected to serve as chief medical resident in post-graduate residency at Providence Hospital in Southfield, Michigan and has been with Barlow Respiratory Hospital since 2005. He is a board-certified physician, and an important member of Barlow Respiratory Hospital interdisciplinary team. In 2016, Dr. Karapetian was among the hospital team that led to certification, and recertification in 2021, for the Gold Seal of Approval for Disease Specific Certification for Respiratory Failure by the Joint Commission.



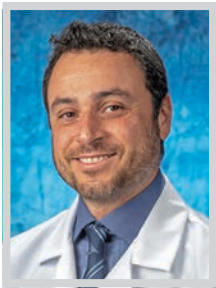
**CAROL MANGIONE**  
INTERNAL MEDICINE  
*Chief of the Division of General Internal Medicine and Health Services Research*  
UCLA Health

Dr. Carol Mangione is the chief of the Division of General Internal Medicine and Health Services Research and the Barbara A. Levey, MD, and Gerald S. Levey, MD, endowed chair in medicine at the David Geffen School of Medicine at UCLA. Her areas of expertise include diabetes, diabetes prevention, health disparities, aging, public health, health insurance benefit design and public health policy. She is also a practicing primary care physician in the UCLA Faculty Practice Group. Among her many research activities, she was the principal investigator for “The Diabetes Health Plan” to evaluate the effectiveness of the first disease-specific health plan in the US.



**MICHAEL M. WANG**  
INTERNAL MEDICINE  
*Internal Medicine*  
Emanate Health

Michael M. Wang, MD is a board certified internal medicine physician who has been on the medical staff of Emanate Health Medical Center (formerly named Citrus Valley Medical Center) for the past 26 years. Dr. Wang is well established in the community, respected by his peers, and highly sought after by patients. Dr. Wang has been highly involved with inpatient and outpatient resource utilization, compliance, quality assurance and peer review. Dr. Wang is known for his high standards of care by his physician peers and for holding other providers to these standards.



**HOOMAN R. KASHANI**  
NEPHROLOGY  
*Physician*  
Barlow Respiratory Hospital

Dr. Hooman Kashani MD serves critically ill patients at Barlow Respiratory Hospital Van Nuys location at Valley Presbyterian Hospital. Barlow is the only not-for-profit long-term care respiratory hospital in California and cares for patients referred from intensive or critical care units at the finest hospitals in California. Dr. Kashani is an important member of the award-winning Barlow Respiratory Hospital interdisciplinary. Dr. Kashani’s dedication includes his commitment to training next generations of medical professionals and is evident in his many years as an instructor and now as assistant professor of clinical medicine at UCLA.



**SUSANNE NICHOLAS**  
NEPHROLOGY  
*Chair of the Nephrology Racial and Health Equity Committee*  
UCLA Health

Dr. Susanne Nicholas is a tenured professor of medicine and a nationally renowned, highly respected clinical hypertension specialist in the UCLA Health Division of Nephrology. She has joint appointments in the Division of Endocrinology, Diabetes and Metabolism and in the Division of General Internal Medicine and Health Policy. She chairs the Nephrology Racial and Health Equity Committee. Dr. Nicholas’ translational research aims to understand and identify key factors that promote diabetic kidney disease (DKD) pathogenesis, validate novel therapeutic targets and predictive biomarkers of DKD and perform population studies in chronic kidney disease (CKD) health disparities using a large CKD registry.



**ANJAY RASTOGI**  
NEPHROLOGY  
*Founder and Director, UCLA CORE Kidney Health Program*  
UCLA Health

Dr. Anjay Rastogi is recognized as a pioneer in the early treatment of chronic kidney disease to prevent patients’ need to transition to dialysis. He is a professor and the clinical chief of nephrology at the David Geffen School of Medicine at UCLA. Dr. Rastogi completed his graduate training at UCLA under the mentorship of Nobel Laureate Professor, Louis Ignarro. Dr. Rastogi received an award for the UCLA Exceptional MD of the Year Award in 2014 for his demonstration of the UCLA values of compassion, respect, excellence, discovery, integrity and teamwork.



**YASER BADR**  
NEUROLOGY  
*Neurological Surgery*  
Adventist Health Glendale (Affiliated)

Dr. Yaser Badr is a dedicated neurosurgeon with two fellowships in brain surgery. He specializes in brain tumors, brain aneurysms, cerebrovascular neurosurgery, endovascular surgery, brain AVMs, and complex and minimally invasive spine surgery. He received his medical degree from Cairo University School of Medicine and completed his residency at Louisiana State University. He completed fellowship training in neuroendovascular neurosurgery at St. John Providence Hospital in Detroit. He makes it his goal to provide his patients with the most advanced brain and spine care using state-of-the-art technology and techniques. Dr. Badr strives to use his extensive training to provide excellent care in all aspects of spine and brain diseases.





# TOGETHER WE ARE **LIMITLESS**

We provide world-class health care built on possibility. We don't shy away from the tough cases. We are Keck Medicine of USC:

**Keck Hospital of USC**

**USC Arcadia Hospital**

**USC Care Medical Group**

**USC Norris Cancer Hospital**

**USC Verdugo Hills Hospital**



**BEST  
HOSPITALS**

**U.S. News**

RANKED IN  
8 SPECIALTIES  
2022-23



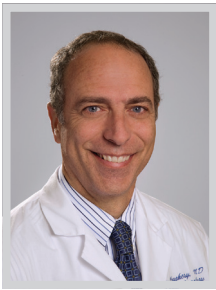
LEADERS OF INFLUENCE: LA's TOP DOCTORS



**ADRIAN BURGOS**  
**NEUROLOGY**

*Systems Stroke Medical Director  
PIH Health*

**A**drian Burgos MD began his career at PIH Health in 2019 as a neurology hospitalist specializing in the care of patients admitted to the hospital with a wide array of nervous system disorders. The following year he took on the role of medical director of stroke at the Comprehensive Stroke Center at PIH Health Whittier Hospital. Today, he serves as system stroke medical director for the entire PIH Health system. As a vascular neurologist, he specializes in stroke patient care and expresses his commitment to helping his patients and improving health outcomes through the promotion of stroke awareness, prevention, and treatment.



**TIMOTHY CLOUGHESY**  
**NEUROLOGY**

*Director the UCLA Health Neuro-Oncology Program  
UCLA Health*

**D**r. Timothy Cloughesy is a nationally renowned neurologist and a clinical professor of neurology at David Geffen School of Medicine at UCLA. He directs the UCLA Health Neuro-Oncology Program. He is sent for sequencing, and then the patient can be assigned to a clinical trial based on the abnormalities found. Pharmaceutical companies work closely with Dr. Cloughesy and his team to develop drug therapies that target specific mutations and fulfill the promise of personalized medicine. The UCLA Neuro-Oncology Program under Dr. Cloughesy's leadership offers trials of drugs that target various mutations of the epidermal growth factor receptor (EGFR), the most common glioblastoma abnormality.



**MIKAYEL GRIGORYAN**  
**NEUROLOGY**

*Neurology, Neuroradiology  
Adventist Health Glendale (Affiliated)*

**D**r. Mikayel Grigoryan is a vascular and interventional neurologist. He received his MD degree from Yerevan State Medical University in 1998, after which he moved to United States to pursue a postdoctoral research fellowship at the University of California, San Francisco. Subsequently, he completed his Neurology residency training, a Vascular Neurology fellowship at Stanford University, and 2-year ACGME-accredited Endovascular Surgical Neuroradiology fellowship at University of Minnesota. Dr. Grigoryan utilizes cutting-edge technology to remove life-threatening clots from brain vessels (restoring blood flow to the brain) and to treat intracranial aneurysms (major cause of bleeding in the brain), thus dramatically improving the quality of life for his stroke patients.



**SOMA SAHAI-SRIVASTAVA**  
**NEUROLOGY**

*Professor of Clinical Neurology  
Keck Medicine of USC*

**D**r. Soma Sahai-Srivastava established the Headache and Neuralgia Center at Keck School of medicine in 2012, which offers a comprehensive program treating headache disorders and neuropathic pain, with a large collaborative interdisciplinary team (that includes neurology, neurosurgery, neuroradiology, orofacial dentistry, and physical and occupational therapy). This program that began with one neurologist now has seven headache specialists and treats more than 5000 patients annually from all over California. The Headache and Neuralgia center that Dr. Sahai-Srivastava directs serves as an ideal training platform for the Keck Headache fellowship program that was one of the first headache training programs established nationwide.



**BRENT GRAY**  
**OBSTETRICS & GYNECOLOGY**

*Obstetrics & Gynecology  
PIH Health*

**B**rent Gray MD is a board certified obstetrician/gynecologist at PIH Health. He has been with the organization since 1994. Dr. Gray has a special interest in pelvic floor reconstruction and minimally invasive surgery. Dr. Gray currently serves as system-wide vice president of medical affairs for maternal and child health at PIH Health. He is the former chair of the PIH Health Ethics Committee and a former president of the medical staff. Dr. Gray loves science and was inspired to follow in the footsteps of his father, who had a 40-year career at PIH Health as an Ob/Gyn.



**MARC INCERPI**  
**OBSTETRICS & GYNECOLOGY**

*Professor of Clinical Obstetrics and Gynecology Chief,  
Division of Maternal-Fetal Medicine Ob/Gyn  
Residency Associate Program Director  
Keck Medicine of USC*

**D**r. Marc Incerpi holds the current position as the division chief of Maternal-Fetal Medicine. He is also the Ob/Gyn Residency Associate Program director. He is a member of the Clinical Competency Committee and Program Evaluation Committee for both the Ob/Gyn Residency and Maternal-Fetal Medicine Fellowship. Prior to that he was the Ob/Gyn medical student clerkship director for 14 years. During his time at Keck, Incerpi has been the recipient of multiple teaching awards, and has mentored many medical students, residents, fellows, and junior faculty. He has been the chair of the Student Performance Committee and is a member of the Medical Education Curriculum Committee.



**RAFFI CHALIAN**  
**ONCOLOGY**

*Gynecologic Oncology Surgery  
Adventist Health Glendale (Affiliated)*

**W**ith an extensive background in women's health, Raffi Chalian, MD, FACOG, is a highly regarded and trusted OB/GYN. He welcomes new and existing patients to his private practice in Glendale, California. Dr. Chalian earned his Doctor of Medicine from the Faculty of Medicine at Imperial College in London. After relocating to New York, Dr. Chalian went through an internship at New York University Downtown Hospital. He then completed a top-rated obstetrics and gynecology residency and fellowship at the University of Pennsylvania in Philadelphia. Fluent in English, Armenian, and Greek, Dr. Chalian enjoys conversing with patients who would otherwise struggle with language barriers.



**PEYMAN KABOLIZADEH**  
**ONCOLOGY**

*Medical Director, Radiation Oncology  
MemorialCare Todd Cancer Institute  
Long Beach Medical Center*

**D**r. Peyman Kabolizadeh serves as the medical director of Radiation Oncology at the MemorialCare Todd Cancer Institute at Long Beach Medical Center as of 2020. Dr. Kabolizadeh is actively engaged in clinical research, most notably, proton therapy, a newer type of radiation therapy that uses energy from positively charged particles (protons). He is a member of the Victoria Advisory Committee, a subcommittee of the American Society for Radiation Oncology (ASTRO), to define the future of proton therapy. His research has been published in up to 90 peer-reviewed journals and recognized for his work on dose-escalated proton therapy (American Radium Society).





# Every award tells a story of a life touched by Prime Healthcare.



While we are humbled to be recognized, what matters most is that each award reflects the dedication our doctors, nurses and staff have to each and every patient... from Los Angeles to Rhode Island. It is through this tireless commitment that our friends and neighbors get better, feel stronger and live their best lives. That makes us proud. That makes us work harder. That makes us a family of professionals who strive for clinical excellence every day.

Prime Healthcare congratulates our physician leaders Dr. Kavitha Bhatia, Dr. Sunny Bhatia and Dr. Paryus Patel on receiving the 2023 Top Doctor recognition from the Los Angeles Business Journal.



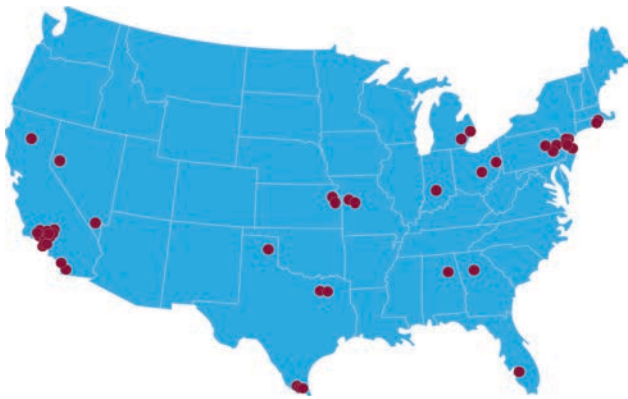
**Kavitha Bhatia, MD, MMM, FAAP, FACHE**  
President & Chair  
Prime Healthcare Foundation  
Chief Medical Officer, Strategy  
Prime Healthcare



**Sunny Bhatia, MD, MMM, FACHE, FACC, FSCAI**  
Chief Executive Officer, Region I  
Corporate Chief Medical Officer  
Prime Healthcare  
Chief Medical Officer  
Sherman Oaks Hospital and  
Encino Hospital Medical Center



**Paryus Patel, MD**  
Corporate Chief Medical Officer  
Prime Healthcare  
Chief Medical Officer  
Centinela Hospital Medical Center



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- 14 States
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- 2.5+ Million Patients Served Annually
- 300+ Quality Awards in 2022 for Patient Safety and Excellence



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LEADERS OF INFLUENCE: LA's TOP DOCTORS



**YUMAN FONG**  
ONCOLOGY

Chairman of Surgery;  
Sangiaco Family Chair in Surgical Oncology  
City of Hope

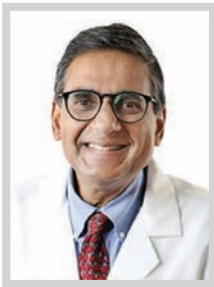
Dr. Yuman Fong is internationally recognized as a leading figure in surgical oncology – a clinician scientist who has excelled in both domains. Dr. Fong has been an innovator and mentor in the fields of cancer, robotics in surgery, imaging and display in medicine, and gene therapy. His discoveries have yielded medicines and medical devices used in treatments of inflammation, infection, and cancer. On the team that discovered tumor necrosis factor (TNF), Dr. Fong wrote some of the first papers demonstrating beneficial effects of blocking TNF – the basis for the current clinical use of TNF antibodies for inflammatory diseases.



**HEINZ-JOSEF LENZ**  
ONCOLOGY

Professor of Medicine and Preventive Medicine;  
J. Terence Lanni Chair of Cancer Research  
Keck Medicine of USC

Serving as professor of medicine and preventive medicine and as the J. Terence chair of cancer research for Keck Medicine of USC, Heinz-Josef Lenz, MD has won many prestigious awards for his practice and research. Dr. Lenz considers it a pleasure working at USC with one of the most diverse patient populations in the US. As associate director of clinical science and co-leader of the Translational Science Program, he has worked closely with the Community Outreach Program to increase accrual of minorities at USC. His research focus is on diseases in Keck Medicine's catchment area particular colon cancers.



**RAVI SALGIA**  
ONCOLOGY

Arthur & Rosalie Kaplan Chair in Medical Oncology;  
Chairman, Department of Medical Oncology  
City of Hope

Dr. Ravi Salgia is an internationally recognized physician-scientist. He has made seminal contributions to lung cancer which led to new therapeutics, especially those targeting receptor tyrosine kinases that play an important role in the disease pathology. He discovered the MET exon 14 deletion in non-small cell lung cancer against which tepotinib was developed and is approved for treating patients. More recently, Dr. Salgia has focused on the nongenetic mechanisms underlying drug resistance in lung cancer. He was the first to clone the cDNA encoding human paxillin and demonstrated its role in metastasis and in causing resistance to chemotherapy.



**LESLEY TAYLOR**  
ONCOLOGY

Assistant Clinical Professor Division of Breast Surgery  
City of Hope

A graduate of New York Medical College, Dr. Lesley Taylor completed a breast surgical oncology fellowship at Columbia University in New York City after finishing her residency in general surgery at Albert Einstein College of Medicine. Dr. Taylor has brought her passion for international health and her surgical expertise to Ecuador and Ethiopia, where she worked to help eliminate disparities in cancer care. The City of Hope Ethiopia Breast Cancer Initiative includes launching a radiation treatment in Hawassa, Ethiopia, the third program in the country of 114 million people.



HERE FOR YOU  
WHEN YOU NEED US MOST

When skill, expertise, and compassion matter most, we bring our teams together to help turn your health around. We strive to provide quicker diagnoses, more efficient treatment, and most importantly, better outcomes.





# CONGRATULATIONS

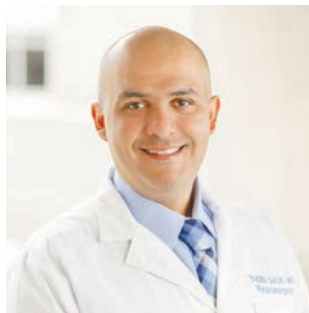
to our Adventist Health Glendale physicians who were named  
**Top Doctors for 2023** by Los Angeles Business Journal



**Michael Abdulian, MD**  
Orthopedic Sports Medicine



**Peter Ashjian, MD**  
Plastic Surgery



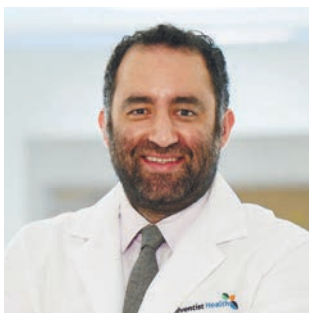
**Yaser Badr, MD**  
Neurological Surgery  
Spine Surgery



**Raffi Chalian, MD**  
Gynecologic Oncology



**Linh Chen, MD**  
Diagnostic Radiology



**Hossein Dehghani, MD**  
Interventional Cardiology



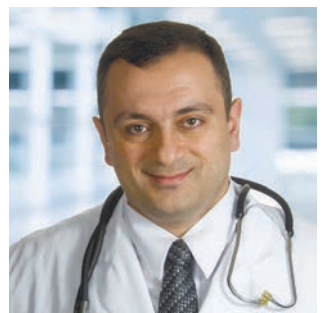
**Mikayel Grigoryan, MD**  
Neurology  
Neuroradiology  
Vascular Neurology



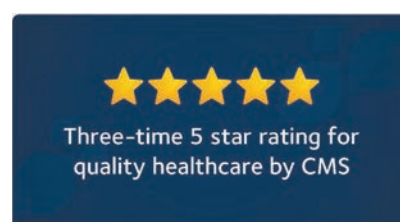
**Dennis Holmes, MD**  
Breast Surgery



**Sylvia Kotikian, MD**  
Emergency Medicine



**Gevorg Mutafyan, MD**  
Bariatric Surgery



Thank you for your endless commitment to our patients and their families and  
for your devotion to advancing our mission and living God's love.

LEADERS OF INFLUENCE: LA's TOP DOCTORS



**DEEP DUDEJA**  
OPHTHALMOLOGY  
*Ophthalmology*  
PIH Health

Deep Dudeja MD is a board-certified ophthalmologist and specializes in eye and vision care, including treatment of medical and surgical diseases of the eye such as cataracts, macular degeneration, glaucoma and retina conditions. Dr. Dudeja holds a strong commitment to providing excellent care to patients and in serving the PIH Health community in all that he does. He stays up to date with the latest technological advancements in his field and holds surgical interests and qualifications in clear cornea sutureless phacoemulsification cataract surgery, corneal transplants, anterior segment surgery, glaucoma trabeculectomy and tube shunts and microinvasive surgery, and entropion and ectropion repair.



**KIRK HOU**  
OPHTHALMOLOGY  
*Assistant Professor of Ophthalmology*  
Doheny Eye Center UCLA

Dr. Kirk Hou MD, PhD's PhD research was focused on devising a method to deliver siRNA into cells. Small interfering RNA, or siRNA, can stop cells from making specific proteins. But cells are very good at blocking siRNA before it can do its job. Hou developed a strategy to sneak siRNA into cells by creating a nanoparticle – think Trojan horse – derived from melittin, a peptide found in bee venom. Now conducting research at Doheny and UCLA Stein Eye Institutes, Dr. Hou's areas of interest revolve around nanoparticles and drug delivery as related to retinal diseases.



**MICHAEL ABDULIAN**  
ORTHOPEDICS  
*Orthopedic Surgery*  
Adventist Health Glendale (Affiliated)

Dr. Michael Abdulian has been serving the community for over ten years, spearheading high school athletic committees as well as performing complex orthopedics surgeries. His specialties also include joint replacement and shoulder, hip and knee arthroscopy. Dr. Abdulian is board-certified by the American Board of Orthopedic Surgery and makes it his goal to use his expertise in orthopedic surgery to relieve pain and get his patients back to sports and the daily activities that they enjoy. Dr. Abdulian mentors health care professional especially residents who are interested in orthopedic fellowships. He also participates in medical mission work.



**ANDREW LUU**  
ORTHOPEDICS  
*Orthopedics*  
PIH Health

Andrew Luu MD is a board-certified surgeon specializing in orthopedic surgery. Dr. Luu specializes in robotic-assisted hip and knee replacements, minimally invasive procedures such as direct anterior total hip replacement as well as partial knee replacements. His practice also has an emphasis on complex adult reconstructions including reoperations on previously failed hip and knee replacements. Dr. Luu currently serves as associate director of Orthopedics and Total Joint Replacement Surgery at PIH Health. Dr. Luu is dedicated to providing patient-centered care and helping patients move more easily and comfortably so they can continue to enjoy their favorite pastimes.



Barlow Respiratory Hospital  
congratulates our exceptional  
physicians selected as Top Doctors.

- Ashwani Bhardwaj, M.D.
- Tamas Dolinay, M.D. PhD Respiratory Director
- Michael Y. Karapetian, M.D.
- Hooman R. Kashani, M.D.
- Harry Marshak, M.D., F.A.C.S.
- David R. Nelson M.D., Medical Director

We are proud of our team and proud to be the destination of choice for medically complex and chronically critically ill patients referred to us from intensive or critical care units at the finest hospitals in California.

Our interdisciplinary teams of board certified physicians, registered nurses and licensed healthcare professionals work together to provide individualized care and treatment for each of our patients with expertise in ventilator weaning, wound care and critical care medicine. Thank you and Congratulations!

Barlow Respiratory Hospital is the only not-for-profit long-term care hospital in California and has a history of over 120 years of service to Los Angeles.

barlowhospital.org







Where **{top doctors}** come from



**Hamed Farid, MD**



**John Koumas, DO**



**Michael Wang, MD**

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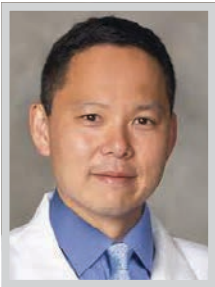
LEADERS OF INFLUENCE: LA's TOP DOCTORS



**FRANK A. PETRIGLIANO**  
ORTHOPEDICS

Associate Clinical Professor of Orthopaedic Surgery; Epstein Family Endowed Chair in Sports Medicine; Director - USC Epstein Family Center for Sports Medicine; Head Team Physician - LA Kings  
**Keck Medicine of USC**

Over the past ten years, Frank A. Petrigliano, MD has developed a tertiary referral practice that draws not only from Southern California but also includes patients who travel from outside of the state for evaluation and treatment. This practice focuses on complex athletic shoulder injuries, revision shoulder surgery, shoulder arthroplasty and reverse arthroplasty, as well as fractures of the shoulder. He also maintains a busy general sports medicine surgery practice that includes the treatment of knee, shoulder and elbow injuries. In 2019, he was named the chief of the division of sports medicine and director of the Epstein Family Center for Sports Medicine at USC.



**ANDREW YUN**  
ORTHOPEDICS

Medical Director of Joint Replacement Services at Saint John's Health Center in Santa Monica  
**Providence Saint John's Health**

Certified by the American Board of Orthopedic Surgery, Andrew G. Yun, MD, is a nationally recognized surgeon and specialist in hip and knee joint replacement. He is also the medical director of Joint Replacement Services at Providence Saint John's Health Center and is a leader in Joint Replacement. His focus is on helping to ease his patients suffering from arthritis pain. Dr. Yun's most significant concerns are surgical safety, surgical performance, and outcomes, and he cares deeply about technical precision and results. He supervises an outstanding team of healthcare professionals, doctors, nurses, aides, and therapists who will teach, comfort, and guide you during recovery.



**KAVITHA REDDY BHATIA**  
PEDIATRICS

President and Chair Prime Healthcare Foundation | Chief Medical Officer, Strategy  
**Prime Healthcare**

Dr. Kavitha Bhatia, MD, MMM, FAAP, FACHE serves as the CMO of strategy and is a member of Prime Healthcare's senior executive team. Dr. Bhatia leads the development and implementation of strategic initiatives that advance the mission and long-term success of Prime Healthcare. Dr. Bhatia works with corporate and hospital leaders to align goals, prioritize system-wide value creation and implement strategic initiatives to ensure Prime's continued operational, financial and clinical success. Dr. Bhatia develops strategies to create unique value and evolve Prime Healthcare's business model into a model for long-term success, supporting growth, operational and clinical excellence.



**ALICE KUO**  
PEDIATRICS

Chief of Medicine, Pediatrics  
**UCLA Health**

In her leadership roles, Dr. Alice Kuo is the chief of medicine-pediatrics at UCLA. Since 2014, she has been the director of the Maternal and Child Health Bureau (MCHB)-funded Health Care Transitions Research Network (HCT-RN) for autism spectrum disorder. Since 2006, she has been the director of the MCHB-funded Pathways for Students into Health Professions for disadvantaged undergraduate students interested in public health and health professional careers. In 2016, she became the director of the MCHB-funded University of California Leadership Education in Neurodevelopmental Disabilities program and in 2020, became the director of the MCHB-funded MCH Center of Excellence at UCLA.



**ANTOINE SOLIMAN**  
PEDIATRICS

Medical Director, Neonatal Intensive Care Unit  
**MemorialCare Miller Children's & Women's Hospital Long Beach**

Antoine Soliman, MD, FAAP serves as division chief of Neonatology and medical director, Neonatal Intensive Care Unit (NICU) at Miller Children's and Women's Hospital; site program director of the University of California Irvine (UCI), Children's Hospital of Orange County (CHOC) and MemorialCare Miller Children's & Women's Hospital neonatal/perinatal fellowship program; and medical director, Pediatrix Medical Group. He is a valued physician leader by his colleagues, students, administration and, most importantly to Dr. Soliman, his patients and their families. His love for babies developed during his residency at Cedars Sinai Medical Center.



**BARRY A. STEINMETZ**  
PEDIATRICS

Medical Director, Gastroenterology & Nutrition Center; Medical Director, Outpatient Specialty Centers  
**MemorialCare Miller Children's & Women's Hospital Long Beach**

Much of Dr. Barry Steinmetz's time at Miller Children's & Women's Hospital has been a balance with leading the pediatric gastroenterology program and serving his patients with Pediatric Gastroenterology Associates of Southern California. Under his leadership, fellow pediatric specialists' needs were implemented in the design, works flows and processes for a new 80,000 square foot outpatient clinic that transformed specialized outpatient pediatric care for MCWH. In conjunction, he expanded the care his practice provides with new clinics and providers.



**PETER ASHJIAN**  
PLASTIC/RECONSTRUCTIVE

Plastic Surgery  
**Adventist Health Glendale (Affiliated)**

Dr. Peter Ashjian is a board-certified plastic surgeon who specializes in natural-looking plastic surgery results. He received his medical degree from the New York University School of Medicine where he graduated with honors. He completed his residency at the NYU School of Medicine working at renowned hospitals such as Bellevue Hospital, Manhattan Eye, Ear, and Throat Hospital, and the Memorial Sloan Kettering Hospital. After completing his plastic surgery residency, Dr. Ashjian completed a fellowship in advanced microvascular surgery at the UCLA Medical Center Division of Plastic Surgery. Dr. Ashjian is an integral part of the Adventist Health Glendale breast care program.



**DENNIS HOLMES**  
PLASTIC/RECONSTRUCTIVE

General Surgery  
**Adventist Health Glendale (Affiliated)**

Dr. Dennis Holmes is a world-renowned breast cancer surgeon whose expertise attracts patients from all around the world. With over 50 peer-review medical journal publications of his innovative work and collaborations, Dr. Holmes has long experience with many breast cancer treatments that are still relatively new. Dr. Holmes's leadership skills and commitment to "raising the bar" is a key reason that he was selected to serve as program chair of the American Society of Breast Surgeon's 20th Annual Meeting. Dr. Holmes is committed to elevating the standards of breast cancer care through innovation, collaboration, education and mentoring with the overall goal of enhancing breast cancer care for all women.







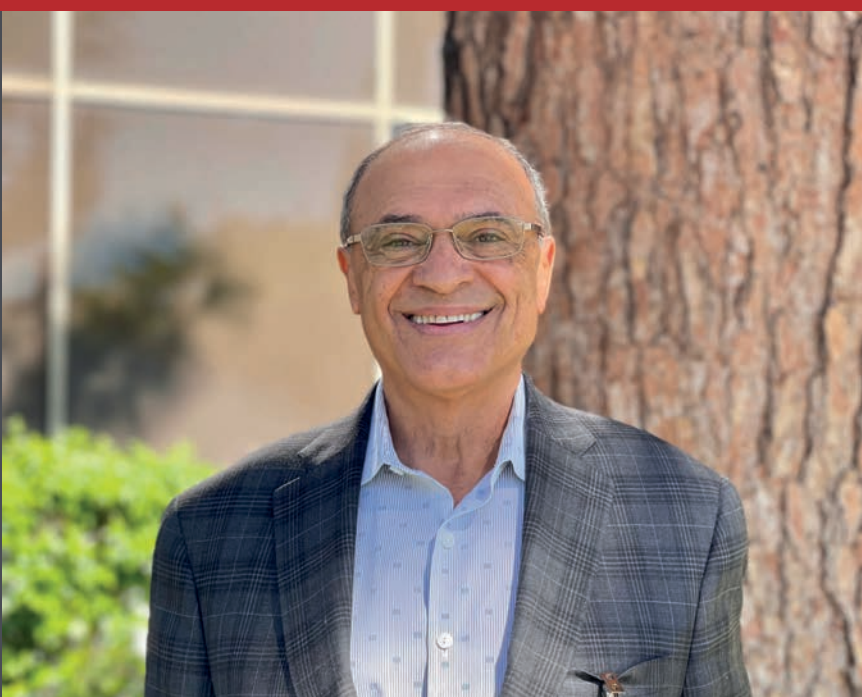
**Dr. Moiez Khankhanian**

*Top Doctor Nomination*

*L.A. Downtown Medical Center*

*"Congratulations, Dr. Khankhanian! Thank you for all that you do  
for the Los Angeles community in mental health."*

*- LADMC Administration*



Dr. Moiez Khankhanian  
Chief of Psychiatry

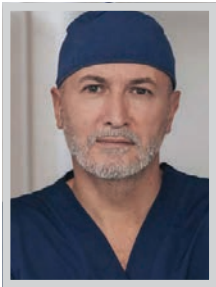


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**HARRY MARSHAK**  
PLASTIC/RECONSTRUCTIVE

Director, Barlow Respiratory Hospital Center for Wound Restoration  
Barlow Respiratory Hospital

Harry Marshak, MD, FACS, directs Barlow Respiratory Hospital's Center for Wound Restoration. He is a board-certified plastic surgeon specializing in reconstructive surgery and has 30 years of wound care experience, including reconstructive surgery for complex wounds. Under his supervision, the hospital's Center for Wound Restoration is an award-winning specialized program, and features an expert interdisciplinary clinical team including Board-Certified Physicians and Wound Care Certified (WCC) Registered Nurses who apply state-of-the-art treatment and healing interventions with a full range of therapies to heal wounds and maximize function.



**DR. MOIEZ KHANKHANIAN**  
PSYCHOLOGY / BEHAVIORAL HEALTH

Chief of Psychiatry  
LA Downtown Medical Center

Dr. Moiez Khankhanian is considered a pillar in the community both in his role as a doctor of psychiatry and in his willingness to teach, mentor and serve those around him. He constantly sets up educational programs for current and aspiring healthcare workers and nurses, teaching them how to better care for patients with severe mental illnesses. In his leadership role as chief of psychiatry at LA Downtown Medical Center, Dr. Khankhanian ensures the hospital, and its staff, are constantly trying to provide the best care and support for patients and family members alike.



**TAMAS DOLINAY**  
PULMONOLOGY

Respiratory Director  
Barlow Respiratory Hospital

Dr. Tamas Dolinay, MD PhD, respiratory director at Barlow Respiratory Hospital, is a native of Hungary and has been a practicing physician for over 20 years working at various hospitals in many countries. He is an international award-winning scholar, researcher and physician who joined the staff at Barlow Respiratory Hospital in 2019. He also serves as assistant clinical professor, Department of Medicine, Division of Pulmonary, Allergy, Critical Care and Sleep Medicine, University of California Los Angeles, Geffen School of Medicine and previously served as attending physician in Pulmonary and Critical Care Medicine, Department of Medicine, University of Pennsylvania, Perelman School of Medicine.



**MAY M. LEE**  
PULMONOLOGY

Associate Professor of Clinical Medicine; Program Director of Pulmonary and Critical Care Fellowship  
Keck Medicine of USC

Dr. May Lee MD is a dedicated leader, active administrator, influential educator, and collaborative team member who is committed to the tripartite mission of education, patient care, and research. She is currently the Pulmonary and Critical Care Medicine (PCCM) Fellowship program director, but she has held various other administrative positions throughout her career. Administratively, she has led various organizations, committees, and departments and has been a change leader. She is also an accomplished educator who has developed curricula, led programs, is nationally recognized, and published research in medical education. On a national level, she currently serves as the chair of the Training Committee of the American Thoracic Society.



**DAVID R. NELSON**  
PULMONOLOGY

Medical Director  
Barlow Respiratory Hospital

Dr. David R. Nelson is medical director of Barlow Respiratory Hospital. He has served on the hospital medical staff since 1991. A board-certified pulmonologist, he provides clinical management oversight for critically ill patients and the staff caring for them. Dr. Nelson's expertise in critical care and pulmonary medicine includes the diagnosis and treatment of lung diseases of many types and severity. As a hospital leader, Dr. Nelson serves on the Medical Executive Committee, and the Research, Quality Forum, Credentials and Critical Care Committees. Beyond his service to the hospital, he serves as an educator, preparing the next generation of physicians as an associate professor of clinical medicine at UCLA.



**PARYUS PATEL**  
PULMONOLOGY

Corporate Chief Medical Officer  
Prime Healthcare

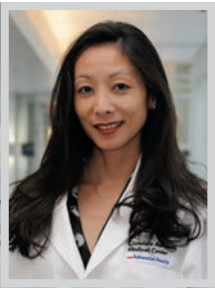
Paryus Patel, MD, is the chief medical officer for Prime Healthcare's Region III, IV, V, and VI and corporate chief medical officer for Prime Healthcare. Prime Healthcare's Region III-VI, which includes 18 acute care community hospitals located in Alabama, Georgia, Texas, Kansas, Missouri, Michigan, Florida, Indiana, and Ohio. Dr. Patel is a member of Prime Healthcare's senior executive team. In addition to serving as chief medical officer for Prime Healthcare, Dr. Patel is currently chief medical officer for Centinela Hospital Medical Center. Dr. Patel also serves as a member of the Board of both Prime Healthcare and the Prime Healthcare Foundation.



**DAVID SAYAH**  
PULMONOLOGY

Medical Director, UCLA Health's Lung and Heart-Lung Transplant Programs  
UCLA Health

Dr. David Sayah is an assistant professor at David Geffen School of Medicine at UCLA and a pulmonary medicine physician specializing in lung transplant. He is the medical director of the UCLA Health lung and heart-lung transplant programs. Dr. Sayah and the UCLA Health transplant team receive patient referrals from other programs that don't have the capability to manage complex cases. Patients might be rejected from other centers because of the complexity of their conditions or underlying medical problems that contribute to high surgical risks. Some patients who receive transplants at UCLA Health require concurrent cardiac surgery, suffer from scleroderma or need extracorporeal membrane oxygenation (ECMO) treatment before transplantation.



**LINH CHEN**  
RADIOLOGY

Diagnostic Radiology  
Adventist Health Glendale

With a specialty focus on diagnostic radiology, Dr. Linh Chen MD is a fellowship trained mammographer from Harvard University. Dr. Chen is extremely committed to advancing Adventist Health Glendale's imaging program and has been a loyal partner to all Adventist's physicians and service lines. She has been in practice for more than 20 years.





LEADERS OF INFLUENCE: LA's TOP DOCTORS



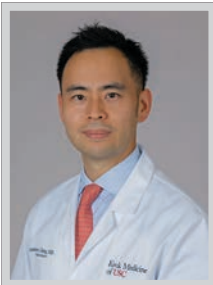
**HAMED FARID**  
**RADIOLOGY**  
*Director of Interventional Neuroradiology at  
Emanate Health Queen of the Valley Hospital  
Emanate Health*

Hamed Farid, MD, MBA is the director of interventional neuroradiology at Emanate Health Queen of the Valley Hospital. Dr. Farid has played a critical role in elevating the Emanate Health Stroke Program. An accomplished neuroradiologist with nearly 20 years of medical experience, Dr. Farid holds the position of associate professor of radiology and neurosurgery at UCI Medical Center. Dr. Farid is the CEO and president of Neurovascular and Spine Associates. Throughout the years, Dr. Farid has made contributions to the field through his research, including, but certainly not limited to, important research on thrombectomy in the area of stroke.



**JENNIFER GROSSMAN**  
**RHEUMATOLOGY**  
*Rheumatologist  
UCLA Health*

Dr. Jennifer Grossman is a highly respected rheumatologist and a clinical professor of medicine at David Geffen School of Medicine at UCLA. She has contributed to more than 50 articles in peer-reviewed publications such as Arthritis & Rheumatology, Computers in Human Behavior and the International Journal of Environmental Research and Public Health. She also co-wrote the textbook Mixed Connective Tissue Disease. The book covers the latest advances in the pathogenesis, prognosis and treatment of mixed connective tissue disease and discusses extra-articular manifestations, pregnancy, muscle involvement and pulmonary manifestations, making this an indispensable resource for current and future practitioners.



**ANDREW HUNG**  
**UROLOGY**  
*Assistant Professor of Urology Director, Robotic Simulation & Education  
Keck Medicine of USC*

Dr. Andrew Hung is a recognized leader in the validation and development of innovative surgical simulation technologies. To train the next generation of urologic surgeons, he developed the first-ever procedure-specific simulation for robotic surgery. Supported by both industry and the National Institutes of Health, Dr. Hung has also become a leading innovator in the development of automated performance metrics for robotic surgery. His collaboration with data scientists has harness machine learning algorithms to better predict robotic surgical outcomes. He has served as a consultant for several robotic surgery innovators including Intuitive Surgical and Verb Surgical (Verily / Johnson & Johnson joint venture).



**GERALD YOON**  
**UROLOGY**  
*Urology  
PIH Health*

Gerald Yoon MD is a board certified urologist with fellowship training in endoscopic/laparoscopic techniques for the management of all urologic conditions. In his practice, Dr. Yoon evaluates and treats the full breadth of urologic conditions, including cancer, kidney stones, urinary control problems and sexual health. He is also trained and experienced in Robotic-assisted laparoscopy which is increasingly more commonly utilized in cancer and anatomical diseases related to the urinary system and male sexual organs. To date, Dr. Yoon has been involved with more than 100 robotic surgeries of this nature.



**Amir Abolhoda, M.D., FACS**  
Cardiothoracic Surgery  
MemorialCare Long Beach Medical Center

**Peyman Kabolizadeh, M.D.**  
Radiation Oncology  
MemorialCare Long Beach Medical Center

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LEADERS OF INFLUENCE: LA's TOP DOCTORS

# Medical Grade Manuka Honey Provides a Natural Prevention Alternative

With the new year underway, scientist and ManukaGuard founder Gavin Gear has urged consumers of all ages to make it a priority resolution in 2023 to protect and maintain their immune systems – through prevention.

“With 2023 well underway, and a particularly fierce cold and flu season upon us, it’s time to get proactive about making our immune systems stronger,” said Gear. “We believe that clean and moisturized sinuses, for example, can lead to a healthier body overall. We also believe that medical grade manuka honey from New Zealand can get us there. What we have experienced with our own families is that manuka honey, in the form of a nasal spray, can provide cleaning of the sinuses that can lead to a healthier overall lifestyle.”

“We all know that washing our hands is a smart thing to do because it prevents bacteria from making us sick,” added Gear. “Sinus nasal spray containing medical grade manuka honey gently accomplishes the same result – super clean sinuses, which means prevention!”

Gear came to the United States from New Zealand in pursuit of the American dream and founded ManukaGuard in 2009 with a personal commitment to bring wellness to all by



harnessing the healing gifts of manuka honey – a New Zealand “super food” used by Maori people for centuries to treat various health conditions.

Traditionally used to heal wounds, soothe sore throats and prevent tooth decay and other ailments, mounting scientific evidence and

studies have demonstrated that pure, unadulterated manuka honey, because of its natural ability to combat bacteria, can also be used to support the immune system and help treat or prevent a wide range of conditions.

After thirteen years of research and product development, Gear and his carefully

assembled team are now making a range of wellness products – containing pure medical grade manuka honey – available for the first time to the rest of the world.

ManukaGuard’s product selection includes a uniquely formulated nasal spray, a cough & throat syrup, pots of edible, medical grade manuka honey of varying strengths, and more. ManukaGuard products don’t contain GMO, pesticides, additives or artificial colors and flavorings.

Purified using a proprietary process, ManukaGuard’s medical grade honey is cleansed to an internationally recognized standard of purity. The purification process strengthens the active fractions in manuka honey, further improving on mother nature’s work, and maintaining safety and effectiveness.

“The immune system is designed to gate-keep the bad stuff out, but for many – especially after the last almost three years – our immunity has been compromised,” said Gear. “We are proud to be able to bring the real thing – pure, unadulterated manuka honey from New Zealand to a global audience. It helped our family and we want it to help others.”

*Learn more at [ManukaGuard.com](https://www.ManukaGuard.com).*

# New Approach Traces Links to Genetic Conditions

National Institutes of Health researchers have published an assessment of 13 studies that took a genotype-first approach to patient care. This approach contrasts with the typical phenotype-first approach to clinical research, which starts with clinical findings. A genotype-first approach to patient care involves selecting patients with specific genomic variants and then studying their traits and symptoms; this finding uncovered new relationships between genes and clinical conditions, broadened the traits and symptoms associated with known disorders, and offered insights into newly described disorders. The study was published in the American Journal of Human Genetics.

“We demonstrated that genotype-first research can work, especially for identifying people with rare disorders who otherwise might not have been brought to clinical attention,” said Caralynn Wilczewski, Ph.D., a genetic counselor at the National Human Genome Research Institute’s (NHGRI) Reverse Phenotyping Core and first author of the paper.

Typically, to treat genetic conditions, researchers first identify patients who are experiencing symptoms, then they look for variants in the patients’ genomes that might explain those findings. However, this can lead to bias because the researchers are studying clinical findings based on their understanding of the disorder. The phenotype-first approach limits researchers from understanding the full spectrum of symptoms of the disorders and the associated genomic variants.

“Genomics has the potential to change reactive medicine into preventative medicine,” said Leslie Biesecker, M.D., NIH distinguished investigator, director of NHGRI’s Center for Precision Health Research and a senior author of the article. “Studying how taking a genotype-first approach to research can help us learn how to model predictive and precision medicine

in the future.”

The study documents three types of discoveries from a genotype-first approach.

First, the researchers found that this approach helped discover new relationships between genomic variants and specific clinical traits. For example, one NIH study found that having more than two copies of the TPSAB1 gene was associated with symptoms related to the gastrointestinal tract, connective tissues, and the nervous system.

Second, this approach helped researchers find novel symptoms related to a disorder that clinicians previously missed because the patient did not have the typical symptoms. NHGRI researchers identified a person with a genomic variant associated with a known metabolic disorder. Further testing found that the individual had high levels of certain chemicals in their body associated with the disorder, despite having only minor symptoms.

Third, this approach allowed researchers to determine the function of specific genomic variants, which has the potential to help clinicians understand newly described disorders. For

example, in one study, NHGRI researchers and their collaborators found that a genomic variant was associated with immune dysfunction at the molecular level in blood cells.

The 13 studies that implemented a genotype-first approach used genomic data from NHGRI’s Reverse Phenotyping Core in the Center for Precision Health Research. The core aggregates genomic data from programs such as ClinSeq and the National Institute of Allergy and Infectious Disease (NIAID) Centralized Sequencing Protocol, which together allowed analyses to be performed on more than 16,000 research participants who have undergone genome or exome sequencing.

Exome and genome sequencing data from participants who consented to broad genomic data sharing and recontact for future research studies are currently available to NIH intramural researchers through the Reverse Phenotyping Core Genomic Data Browser to identify genomic variants of interest for their own research.

“Importantly, we provide a framework for other institutions to build research programs that allow for genotype-first studies. With more

programs taking this approach, we can better study the predictive potential of genomic medicine,” said Clession Turner, M.D., director of NHGRI’s Reverse Phenotyping Core and a senior author of the article.

The framework includes broad genomic data sharing with the ability to recontact participants explicitly stated during the informed consent process. NHGRI researchers recommend institutions aiming to establish genotype-first centers create strategic plans, especially for deciding what genomic findings will be returned, which may involve genetic counseling services. Importantly, according to the study, researchers must actively communicate with study participants to build informed and trusting long-term relationships.

“In the future, as more researchers adopt this approach, we hope to identify more people who may be helped by the availability of their genome sequence, especially as more diverse populations join genome-sequencing studies,” said Dr. Wilczewski.

*Additional information about NHGRI can be found at [genome.gov](https://www.genome.gov).*

‘We demonstrated that genotype-first research can work, especially for identifying people with rare disorders who otherwise might not have been brought to clinical attention.’





# New Insights into the Role of Glucose in Kidney Disease

A research team supported by the National Institutes of Health has developed a new approach to better understand the biology of polycystic kidney disease (PKD), an often-life-threatening genetic disorder that affects millions worldwide. Scientists combined two ways to model the disorder — organ-in-a-dish and organ-on-a-chip technologies — to show the role of glucose, a sugar commonly found in blood, in forming PKD cysts. The results could lead to better ways to test and develop treatments for PKD, and perhaps other diseases.

An organ-in-a-dish, or organoid, is a miniature version of an organ grown in a laboratory dish. It can mimic key features of a human organ's structure and function. Organs-on-a-chip, or tissue chips, are more complex 3-D models, containing channels and living cells, that aim to mimic organ and tissue structure and environment. NIH's National Center for Advancing Translational Sciences (NCATS) research programs develop both technologies as human cell-based approaches to study disease and better predict whether drugs will be safe or toxic in humans.

In PKD, tiny tubes (tubules) in the kidneys expand like water balloons, forming sacs of fluid over decades. The sacs, or cysts, eventually crowd out healthy tissue, leading to problems in kidney function and kidney failure. Scientists have identified many of the genes that cause PKD, but much about the disease remains unknown, including how the cysts form.

"We're able to boil down a complex process



of cyst formation in tubules into a process in a petri dish that takes just a few weeks, but there's been a lack of technologies to study the disease further," said University of Washington School of Medicine scientist Benjamin Freedman, Ph.D., who led the work. "Animal models are helpful, but translating the results of those studies to people has been a challenge."

Freedman, co-author Jonathan Himmelfarb, M.D., and their Seattle-based colleagues decided to explore combining organoid technology with a tissue-chip platform. Scientists believe that fluid flow is important in the development of cysts, but they had no way of testing the theory in organoids.

"In kidneys, fluid is always going through

the tubules; at any given moment the kidneys have about 25% of the body fluid going through them," Freedman explained. "We can't reproduce this system in the dish because fluid needs to move through the kidney structures. Using microfluidic technology in tissue chips was a natural next step."

Freedman's group showed that exposing the PKD organoid-on-a-chip model to a combination of water, sugar, amino acids and other nutrients caused cysts to expand relatively quickly. They found that the cysts were absorbing glucose and pulling in water from the fluid passing over them, making the cysts grow larger. Although glucose is generally absorbed by the kidneys, glucose absorption has not been con-

nected to cyst formation in PKD. "It wasn't a huge surprise that the cysts could absorb glucose, but it was surprising that they were dependent on it. It's a new way of thinking of how these cysts form," Freedman said.

The scientists added fluorescent glucose to mice with PKD and found that the mouse cysts also took up the glucose. "We think the tubules are taking in fluid in the mice, just like in the organoids. The kidney gets bigger, and as the tubules widen to accommodate the expansion over time, cysts form," Freedman said.

Understanding the mechanisms of PKD can point to new ways to treat it. As part of the study, the research team showed that adding compounds that block glucose transport prevented cyst growth. Freedman noted glucose inhibitors are being developed for other types of kidney disease.

"The researchers have shown that simulating fluid flow is essential to making this system more like the environment in the kidney with PKD," said Danilo Tagle, Ph.D., director of the NCATS Office of Special Initiatives. "Combining the two technologies makes tissue chip technology more adaptable to drug discovery and drug development and allows researchers to take advantage of the strengths of both platforms. This is very promising for studying other diseases in new ways in the future."

For more information about how NCATS helps shorten the journey from scientific observation to clinical intervention, visit [ncats.nih.gov](https://ncats.nih.gov).

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